



Buttermilk Hush Puppies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 2 cups buttermilk
- ☐ 2 cups self-rising cornmeal white
- ☐ 1 large eggs
- ☐ 1 large onion grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 cups self-rising flour
- ☐ 1 teaspoon sugar

☐ 60 servings vegetable oil

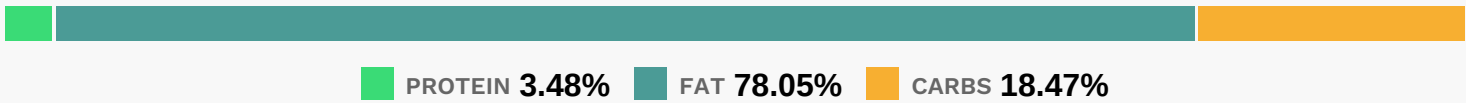
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Combine first 5 ingredients; stir in onion and, if desired, jalapeo.
- ☐ Whisk together buttermilk and egg; add to flour mixture.
- ☐ Pour oil to a depth of 3 inches in a Dutch oven; heat to 37
- ☐ Drop batter by level tablespoonfuls into oil; fry, in batches, 5 to 7 minutes or until golden.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:3.78, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:2.8443478617979%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 167.35kcal (8.37%), Fat: 14.68g (22.59%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 7.12g (2.59%), Sugar: 0.66g (0.73%), Cholesterol: 3.98mg (1.33%), Sodium: 29.36mg (1.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin K: 25.84µg (24.61%), Vitamin E: 1.2mg (7.98%), Manganese: 0.07mg (3.66%), Selenium: 2.22µg (3.17%), Phosphorus: 28.08mg (2.81%), Fiber: 0.7g (2.79%), Magnesium: 8.85mg (2.21%), Vitamin B6: 0.04mg (1.99%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.25mg (1.69%), Vitamin B1: 0.03mg (1.67%), Vitamin B2: 0.03mg (1.65%), Iron: 0.27mg (1.47%), Potassium: 43.47mg (1.24%), Calcium: 11.54mg (1.15%), Copper: 0.02mg (1.15%), Folate: 4.34µg (1.09%)